How can I help keep my child be happy and safe with technology?

Children are often really good at using new technology, but sometimes because of their age they can be tricked, bullied or frightened. Please support your child by finding out what they are using and helping them!

Would this app channel or game be OK for my child?

Liste | **Functionality** | | **Age** | **Safety**

Regularly talk to your child. Find out
- What games they play
- Who they talk to
- What Youtube they view

Make sure they know how to get help!

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The NSPCC have a great site for parents :-
www.net-aware.org.uk

This US site is also good
www.commonsensemedia.org/reviews

It is a good idea to look at **Common sense media** or **Netaware** for advice. Some apps have a minimum age of 13 due to American regulations which are not always linked to safety.

Make sure your child's **privacy settings** are carefully set on apps. Remind them to have a **username & profile picture** that does not give away too much data.

Too much of a good thing?   Mean Words?

Current research shows that screen time itself is
if it is affecting sleeping, eating or other activities
problems. **Have clear bedtime rules for devices!**

Being bullied online can affect lots of children. If your child receives unpleasant messages make sure they know how to screen-shot them so you can help. Apps and games allow you to report issues and many schools will try to help.

Bou ndar ies...

Decide on your own family boundaries…. and make sure good example

Think about:- devices at mealtimes, bedtime rules (pho downstairs at night?), sharing photos, checking devices

Getting Help

Internetmatters.org is a great website for advice and details on parental controls

Call the Police if your child is at risk or report it to **ceop report**

You can contact the school for more advice.